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HEALTH CANADA PRESIDES OVER BIRTH OF BILLION-DOLLAR FREE MARKET IN MEDICAL MARIJUANA PAGE 7

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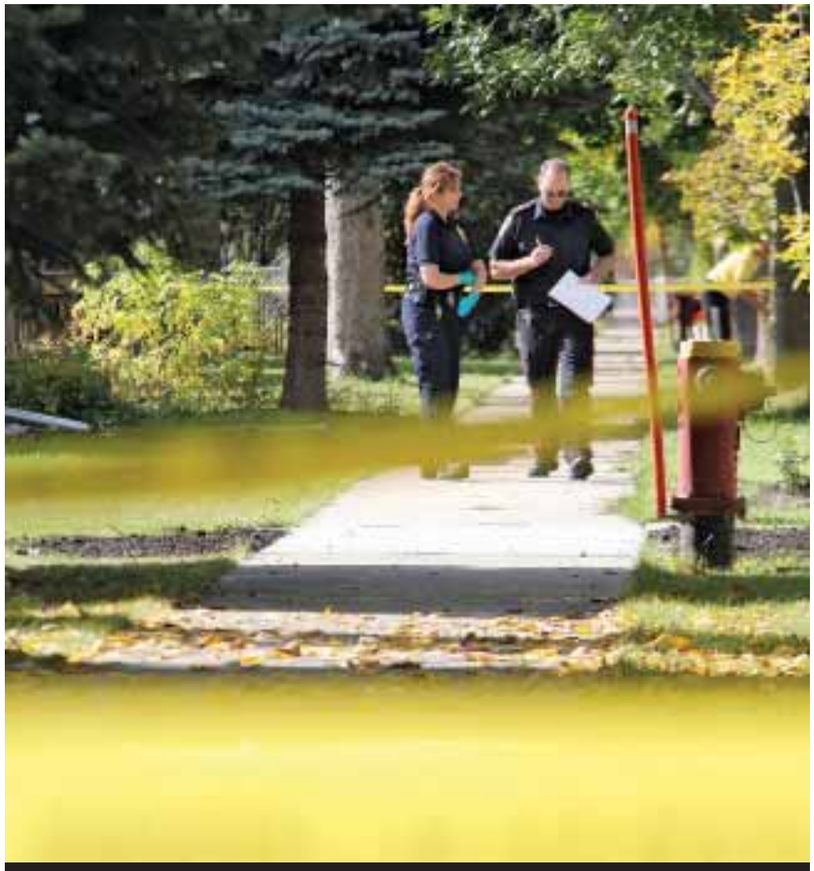

Investigators go door-to-door talking to neighbours on Essex Avenue after a man was shot and killed and another injured in the area early Sunday. SHANE GIBSON/METRO

# Police investigate homicide following double shooting

## Neighbours shocked.
Police say victim was known to them

SHANE GIBSON
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Winnipeg police are saying very little about what led up to the city's latest homicide after two men were gunned down on a quiet Glenwood-area street early Sunday.

A 22-year-old man and a 27-year-old man were both taken to hospital with gunshot wounds to their upper bodies after shots rang out near Essex Avenue and St. Mary's Road shortly after 4 a.m.

The 22-year-old man, who was taken from the scene in critical condition, later died in hospital, while the other man is listed in stable condition.

The name of the man killed was not released Sunday, and police spokesperson Const. Eric Hofley had few details for reporters at a noon-hour press conference.

"It's still too early in the investigation to get into particulars at this point," he said. "This is just eight hours old, investigators are still on scene."

Hofley was able to say the shootings happened outside, and investigators had the first 100 block of Essex Avenue and the back lane between Essex and Ellesmere avenues blocked off while detectives went door-to-door talking to neighbours.

Neighbours Metro spoke to around the scene all expressed shock at seeing the homicide unit set up in their neighbourhood.

"(The area is) very quiet and family-oriented," said Gillian Jennings, who lives a block away from where the shootings happened.

"There's really not much that goes on here."

Hofley said the victim's name would likely be released Monday, following notification of next of kin.

Anyone with information is asked to call police at 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS.

Follow Shane Gibson on Twitter @tsgibson

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## A baby's foot.

Mere inches in length, it is formed by twenty-six bones, thirty-three joints, and five little piggies. Endlessly scrunched, kicked, tickled, bitten, and gently pressed against paper for keepsake footprints. It is truly one of the most precious parts of the infant's body. But as the foot becomes that of an adult, it will become steadier and stronger. Then, it will accomplish more intricate actions, like walking past those in need, butting ahead in lineups, and slamming on the brakes to cut off other drivers. It's time we used our feet for a better purpose again. To find out how, visit people for good.ca. After all, no one is born bad. Let's all get back to good.

## Ste. Anne. Mayor faces sex charge dating back to 1966

The mayor of a Manitoba town is facing a sex-crime allegation that dates back to almost 50 years ago.

Ste. Anne Mayor Bernard Vermette, 74, appeared in court in Winnipeg on Friday to face accusations he indecently assaulted a nine-year-old girl back in 1966.

Court documents show an adult woman from the nearby community of Ste. Genevieve came forward to make a complaint, which resulted in Vermette's arrest in July.

Ste. Genevieve is about 20 kilometres north of Ste. Anne, and Vermette would have been 26 or 27 at the time of the alleged assault.

Indecent assault is no longer listed as a crime under the current Criminal Code, but it was still on the books back in 1966.

Vermette is married and has three daughters and five grandchildren, according to a biography on the town's website, which also states he was a councillor in Ste. Anne from 1974 to 1980 before being elected as the town's mayor in 2006.

Vermette made no comment Friday following his court appearance, but he has previously said he is innocent of the charges. GLOBAL WINNIPEG/THE CANADIAN PRESS

**Location**

**50**

Ste. Anne is about 50 kilometres southeast of Winnipeg.

## In memoriam. Honouring cops killed in line of duty

Local law enforcement agencies gathered at the Manitoba legislature Sunday to remember their colleagues killed in the line of duty.

Sunday marked the 36th National Police and Peace Officers Memorial.

"It's incredibly important for a community that we do come together to remember the sacrifice that officers are making," said Winnipeg police Chief Devon Clunis after speaking at the ceremony. "On any day, at any time, any one of our current serving members could join the ranks of the fallen.

"What they do in terms of protecting our community is integrally important."

Ceremonies were held across the country, and more than 700 fallen police and peace officers were honoured Canada-wide.

SHANE GIBSON/METRO

## Crime. Store clerk one step ahead of would-be robber

A Winnipeg man is facing charges after a quick-thinking convenience-store employee was able to lock herself in a room and call police during an armed robbery Saturday.

An armed man with his identity concealed demanded cigarettes from the 59-year-old female employee at the store in the 800 block of Arlington Street around 10:30 p.m. just before she was able to lock herself in another room.

**Neighbourhood**

**800**

The incident occurred in the 800 block of Arlington Street.

Police quickly arrived and arrested a suspect at the scene.

Walter Darryl Bittern, 40, is facing several charges.

METRO

# 'A major human-rights story'

### Winnipeg General Strike. 'Pivotal' 1919 job action highlighted at the CMHR with collection from the Manitoba Museum

BERNICE PONTANILLA
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Artifacts related to one of the most influential strikes in North American history — that took place right here in Winnipeg — have garnered a place at the Canadian Museum for Human Rights.

The Manitoba Museum will loan five items from the 1919 Winnipeg General Strike to the Canadian Museum for Human Rights for a two-year period.

"The strike is an important and dramatic piece of Manitoba's history," said Stuart Murray, president and CEO of the CMHR. "But it's also a major human-rights story, a pivotal event in Canada's labour rights."

**Co-operation**

**In addition to the loan, the museums also signed an agreement to collaborate in the areas of marketing, educational programs, collections, exhibits and knowledge.**

John Doyle, who works in research and communications for the Manitoba Federation of Labour, said the inclusion of labour rights was something Izzy Asper, the Winnipeg media mogul and original proponent of the CMHR, discussed with the MFL more than 15 years ago.

"We're very, very pleased," said Doyle, adding the strike "fundamentally" changed Winnipeg. "If you just take a cursory look at it, it looks like workers got together in 1919 to fight for their rights and lost ... but once you go past the cursory look and see what actually happened, then you realize how important it was on so many different levels."

Roland Sawatzky, curator of history at the Manitoba Museum, said the artifacts are all rare, and a billy club included in the collection might be the only one known to have its history traced to a special constable hired to replace police officers during the strike.

"The family that donated it was of two minds on whether it was a good thing that he was a special police or not," said Sawatzky. "Some of the family supported the strikers and some of them supported the Citizens Committee of One Thousand, like many families (at the time). This caused debate."

Roland Sawatzky, curator of history with the Manitoba Museum, holds up the "One Big Union" pin included in artifacts from the 1919 Winnipeg General Strike the museum is loaning the Canadian Museum for Human Rights. METRO

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# New, hefty fines for neglectful landlords OK by councillor

**Cold shoulder.** City goes ahead with plan to turn up the heat on chilly landlords

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city councillor is applauding the introduction of fines for landlords who don't comply with minimum heating standards.

On Friday, city officials announced they're moving forward with the fine system that would penalize landlords up to $5,000 for not abiding by the bylaw.

"It's going to mean that all the tenants in the city of Winnipeg are not going to have to put up with being cold," said Coun. Harvey Smith (Daniel McIntyre). "Landlords will know this is going to come, they know what the penalty is, (and) they know how they can avoid having to pay a penalty."

Coun. Harvey Smith METRO FILE

Smith first brought forward a motion on the idea of ticketing landlords for chilly suites to the protection and community services committee back in March.

Smith said he's heard of people needing to wear multiple layers of clothing and heavy jackets in their apartments, and of others having to use multiple electric heaters, stoves or ovens as sources of heat.

The city's report recommends the "failure to provide a heating system or take reasonable steps to repair a defective system carries fines of $1,000 for individuals and $5,000 for corporations" and "failure to provide adequate heat in a dwelling carries set fines of up to $1,000 for individuals and $2,000 for corporations".

The report will be tabled at the Oct. 3 protection and community services meeting, and also needs city council's approval.

## Sign of the times?

**Tim, who didn't want his last name used in print, has been at the corner of Portage Avenue and Broadway by 7:15 a.m. nearly every morning this summer to hold up a sign advertising his availability to work. The idea's paid off so far, said Tim, who's gotten several day jobs doing carpentry, painting, light construction, and landscaping as a result.** SHANE GIBSON/METRO

**Hazardous material**

### Semi truck crashes with pickup

No one was seriously injured when a semi truck hauling hazardous materials crashed with a pickup truck on the Trans-Canada Highway just east of Portage la Prairie early Sunday.

The driver of the semi, his adult male passenger, both from Calgary, and the 80-year-old Portage la Prairie man driving the pickup were all taken to hospital with non-life-threatening injuries. METRO

**East Kildonan**

### No arrests made in violent assault

Police have yet to make an arrest after a woman was assaulted and dumped near an East Kildonan grocery store last week. Reports on social media said the 32-year-old woman had been hit in the head with the sharp end of a hammer several times. Anyone with information should call police at 204-986-2857. METRO

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# Canadians in Egypt ordered detained for another 45 days

**Time for PM to get involved?** Families of Tarek Loubani and John Greyson planning their next step after disappointing news

MIKE DONACHIE
Metro in London, Ont.

The families of London, Ont.'s Tarek Loubani and Toronto's John Greyson were "disappointed" to hear the men's detention in Egypt had been extended for another 45 days.

But, following a statement Friday by the country's attorney general that more investigations were needed, they were not surprised.

Supporters of Tarek Loubani and John Greyson have been wearing buttons to draw attention to the case. ANGELA MULLINS/METRO

Greyson's sister, Cecilia, told Metro the Canadians, who have not been charged with any crime, are tired but physically OK, based on what their lawyers have said.

Although grateful for the help from the Canadian government, including direct representations by Foreign Affairs Minister John Baird, Greyson's family wants help to be stepped up.

"We need to continue to ask the Canadian government to continue the work it's already been doing, talking to Egyptian officials and asking for their release," said Cecilia Greyson. "The minister of foreign affairs has been very concerned about the case. Minister Baird spoke to the Egyptian foreign minister on a couple of occasions this week.

"It may be time now that Prime Minister Harper talk to his Egyptian counterpart," she added.

## IOC told Russian law won't affect gay athletes

Actress Ino Menegaki lights the Olympic flame at Ancient Olympia in Greece on Sunday. Thomas Bach, the new IOC president, said Sunday he had received assurances from senior Russian officials and Games organizers that an ongoing controversy over the country's treatment of gays will not affect athletes at the Sochi Winter Olympics. DIMITRI MESSINIS/THE ASSOCIATED PRESS

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Ray St. Germain O.M. 2013
Sat., 5 Oct. 2013 at 7 pm $15

Another Opening, Another Show
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402 Squadron Pipes & Drums
Eastside Jazz Band
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Music in My Heart
Chamber Orchestra of St. John's College
Sweet Adelines – Assiniboine Show Chorus
The Sound of Music Sing-a-long
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The Words and Music
Branch 252 Legion Veterans Band
Winnipeg Golden Chordsmen Chorus
Westside Jazz Band
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## Africa. Nigerian students executed while they slept

Suspected Islamic extremists attacked an agricultural college in the dead of night, torching classrooms and shooting dozens of students as they slept in dormitories, the school's provost said — the latest violence in Nigeria's ongoing Islamic uprising.

The attack, blamed on the Boko Haram extremist group, came despite a 4 1/2-month-old state of emergency covering one-sixth of the country. Recent violence has led many to doubt assurances from the government and the military that they are winning.

Provost Molima Idi Mato of Yobe State College of Agriculture said that there were no security forces protecting the college. Two weeks ago, the state commissioner for education had begged schools and colleges to reopen and promised they would be guarded by soldiers and police.

Idi Mato said as many as 50 students may have been killed in the assault that began about 1 a.m. Sunday in rural Gujba.

Most schools in the area closed after militants on July 6 killed 29 pupils and a teacher, burning some alive in their hostels, at Mamudo outside Damaturu.

President Goodluck Jonathan condemned the attack on TV. He said he wondered whether the victims were Muslim or Christian.

Boko Haram leader Abubakar Shekau has said that his group wants to end democracy in Nigeria and allow education only in Islamic schools. Boko Haram means "Western education is forbidden."

Its uprising poses the biggest security challenge in years to the country. Nigeria is Africa's most populous nation with more than 160 million people — almost equal numbers of which are Muslims and Christians. THE ASSOCIATED PRESS

**Too young**

**18-22**

Provost Molima Idi Mato of Yobe State College of Agriculture said most victims were between age 18 and 22.

# Car bomb kills dozens to cap off lethal week

### Pakistan. Explosion shreds popular bazaar, lighting old wooden structures ablaze

A car bomb ripped through a crowded street in Peshawar's oldest bazaar Sunday, killing 40 people in the third blast to hit the troubled Pakistani city in a week, officials said. No one immediately claimed responsibility for the attack.

The explosion appeared to have been caused by a bomb planted in a parked car and detonated by remote control, said police officer Zahid Khan. It went off near a mosque and a police station, damaging the house of worship and nearby shops and engulfing many vehicles in flames, police said.

At least 40 people were killed and 90 wounded, said Jamil Shah, a spokesman for Lady Reading Hospital.

The dead included 14 members of a single family who were visiting Peshawar to plan a wedding, along with their driver and an assistant, said relatives.

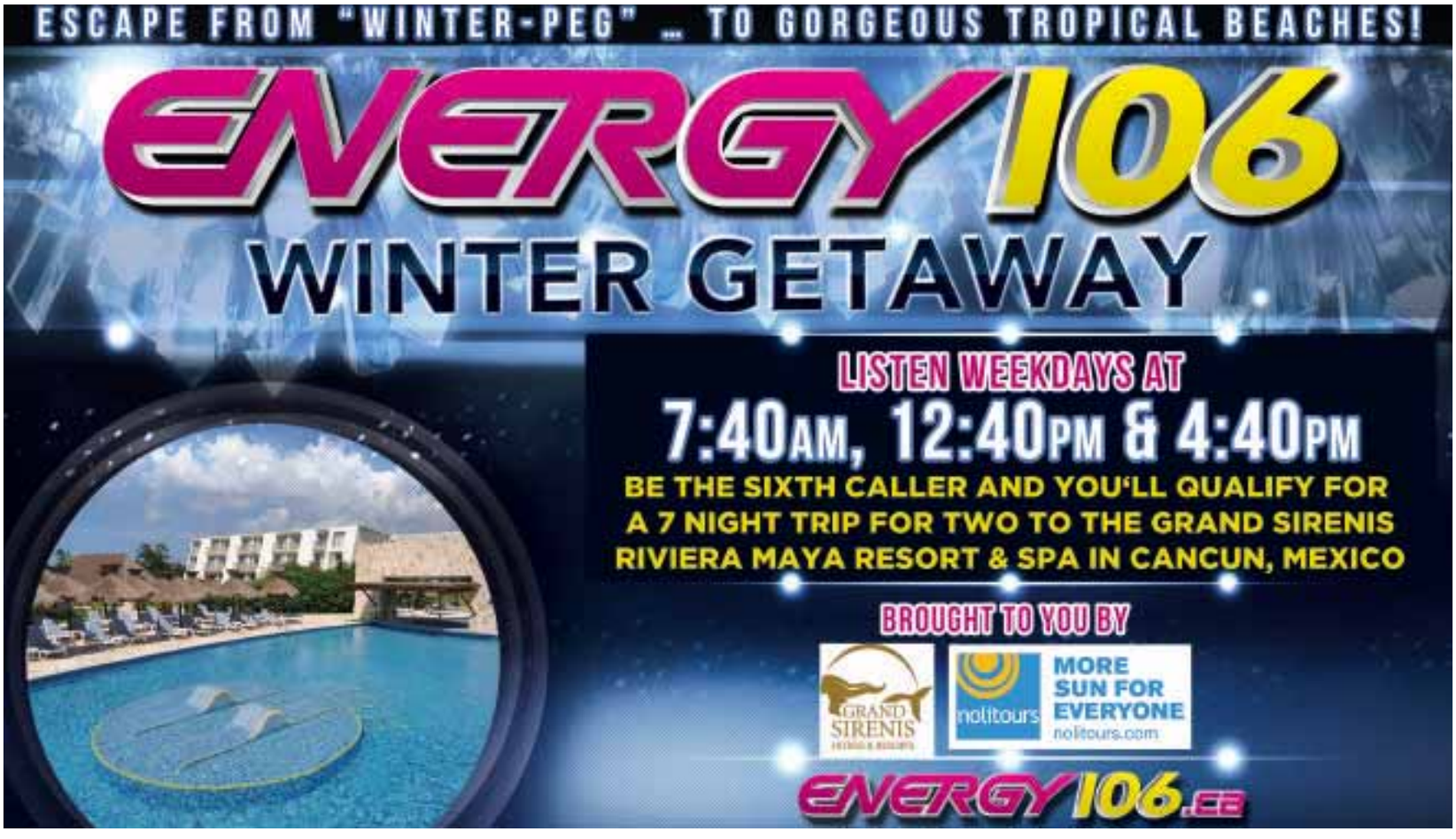
Many of the old buildings in the historic Qissa Khawani market are made of wood, which easily caught fire, said senior police officer Shafqat Malik. THE ASSOCIATED PRESS

**Victims by the score**

**Such attacks in Peshawar have claimed more than 140 lives since last Sunday, when two suicide bombers blew themselves up at a church, killing 85 people.**

- **On Friday,** 19 people died when a bomb planted on a bus exploded.

A Pakistani man carrying a child rushes to safety shortly after a car bomb exploded in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS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# Medical weed supply reborn as free market

**Health Canada.** Under the new system, users will get their pot from large-scale farms that are RCMP-certified

**Current users**

**37,400**

There are currently 37,400 medical marijuana users recognized by Health Canada, but officials project that number will swell to as many as 450,000 people by 2024.

The Conservative government is launching a $1.3-billion free market in medical marijuana this Tuesday, eventually providing an expected 450,000 Canadians with quality weed.

Health Canada is phasing out an older system on Monday that mostly relied on small-scale, homegrown medical marijuana of varying quality, often diverted illegally to the black market.

In its place, large indoor marijuana farms certified by the RCMP and health inspectors will produce, package and distribute a range of standardized weed, all of it sold for whatever price the market will bear. The first sales are expected in the next few weeks, delivered directly by secure courier.

"We're fairly confident that we'll have a healthy commercial industry in time," Sophie Galarneau, a senior official with the department, said in an interview. "It's a whole other ball game."

The sanctioned birth of large-scale, free-market marijuana production comes as the Conservatives pillory Liberal Leader Justin Trudeau's campaign to legalize recreational marijuana.

Health Canada is placing no limits on the number of these new capital-intensive facilities, which will have mandatory vaults and security systems. Private-dwelling production will be banned. Imports from places such as the Netherlands will be allowed.

Already 156 firms have applied for lucrative producer and distributor status since June, with the first two receiving licences just last week.

The old system fostered only a cottage industry, with 4,200 growers licensed to produce for a maximum of two patients each. The Mounties have complained repeatedly these grow-ops were often a front for criminal organizations.

The next six months are a transition period, as Health Canada phases out the old system by March 31, while encouraging medical marijuana users to register under the replacement regime and to start buying from the new factory-farms. THE CANADIAN PRESS

## Canadian satellite could hold big payoff for GPS industry

The aurora borealis may look pretty as it dances across the northern sky, but Canadian satellite CASSIOPE is about to study a nasty side lurking behind that beauty. The hybrid satellite blasted off on Sunday from California on board a Falcon 9 rocket developed by SpaceX, a commercial space company. Greg Enno, of the University of Calgary, says data collected by CASSIOPE (Cascade SmallSat and Ionospheric Polar Explorer) during its two-year mission should make it a lot easier to predict the impact of solar storms on Earth. When plasma and particles from the sun enter the upper atmosphere they usually cause the stunning northern lights, but they also affect things like radio communications and satellite navigation. "The biggest winners from our sets of data is the GPS industry because their measurements may be accurate enough so they can use it for all sorts of stuff like landing aircraft, but also hydro people because they don't want to be surprised and have a network go down," Enno said. THE CANADIAN PRESS FILE

## Retail. Grocery wars heating up with mergers, competition

The battle to bag your supermarket business is fiercer in 2013 than it has been in years, with grocers pulling out all the stops to get both price-savvy and health-conscious consumers through the checkout.

The virtual overhaul of food retailing this year is the backdrop to the Grocery Innovations Canada conference, which starts Monday in Toronto.

For two days, Canada's largest grocery industry trade show will host 5,000 retailers and experts who are dealing with mega-mergers, rapid floor-space expansion and new entrants into the once-quiet sector. "It's a tough game to be in now," says Kevin Grier, senior market analyst at the George Morris Centre in Guelph. TORSTAR NEWS SERVICE

**New items**

- Some new items on offer among the 500 booths include a "happy" bottled water (containing natural lithium salts), a frozen banana-flavoured treat with an edible gummy peel, and a healthy fruit juice water enhancer.

## Social media. Girl Scouts try new recruitment campaign

With an assist from Michelle Obama, the Girl Scouts of the USA is launching an unorthodox recruitment campaign this week aimed at reversing a long-running decline in participation by girls and adult volunteers.

Instead of placing ads on TV, in newspapers and on billboards, the decentralized campaign will unfold in neighbourhood initiatives and on social media as local Girl Scout councils directly target elementary-school girls — even kindergartners — with promises of adventuresome fun.

The first lady is pitching in with a video in which she lauds the contributions of the Girl Scouts and urges adults to find the time to help out.

"In order to bring the fun to more girls, Girl Scouts need you to volunteer," she says. "You can show girls that anything is possible." THE ASSOCIATED PRESS

Michelle Obama THE ASSOCIATED PRESS

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# SHOW US YOUR #WINNIPEGSELFIE

URBAN COMPASS

**Colin Fast**
winnipeg@metronews.ca

We've all done it. Maybe it was in your bedroom or the bathroom. Perhaps you did it in a changing room at a store, or very sneakily on the back of a bus. Or maybe you just stood in the middle of a park and did it, loud and proud.

Of course, I'm talking about taking a selfie.

With the explosion in the use of mobile devices, there has been an equal explosion in the number of people standing around holding their arms at odd angles and taking pictures of themselves. I suspect future generations will evolve to have one arm longer than the other, for the sake of optimum photo angles.

And it's no longer just kids who are indulging in selfie culture. The other day I walked past a pair of senior citizens photographing themselves on a park bench, which was equal parts sweet and hilarious. I selfied my reaction to it, of course.

Usually the selfie is all about showcasing yourself. You're out somewhere cool, doing something interesting, eating something amazing, or you just got a new haircut or a new sweater (Note: I'm guilty on all these counts), and you want to brag about it with all your friends and online followers.

Well, we here at Metro Winnipeg are trying to turn the selfie phenomenon on its head slightly, and focus on our city instead.

Over the next few weeks, we want Winnipeggers to go out and take a selfie in front of something that truly represents our city to them.

It could be a shot at the Forks, a Jets game, the local dog park, a favourite bike path or a cool gallery. Or maybe you want to go in a different direction, and take a pic while crouched next to a pothole, wearing a paper bag on your head outside of IG Field or looking at your watch while waiting for a bus that's late again.

**Everyone's doing it**

**The other day I walked past a pair of senior citizens photographing themselves on a park bench, which was equal parts sweet and hilarious. I selfied my reaction to it, of course.**

The setting is completely up to you, and the more creative the better.

Then we want you to post your pics to Instagram or Twitter using the hashtag #Winnipegselfie, along with a brief description of where you are.

We'll take the best and share them in the print version of Metro Winnipeg (yes, your photos will be in the paper), and on our Facebook page, so we can all see what citizens love and loathe about our city.

So get out there and have some fun showing us what Winnipeg means to you. But please, leave the duckfaces at home.

## ZOOM

# Space oddity: Noctis Labyrinthus

COURTESY NASA/JPL/UNIVERSITY OF ARIZONA

### Red Planet lookin' a little blue

Judging by this image of our neighbouring world, Mars isn't always the "Red" Planet. Taken by NASA's Mars Reconnaissance Orbiter (MRO), the photograph shows the colourful area of the Noctis Labyrinthus region, perched high on the Tharsis rise in the upper reaches of the Valles Marineris canyon system. METRO

Valles Marineris stretches east-west just below Mars's equator.
COURTESY NASA

### The grand, grand, *grand* canyon

Covering nearly a fifth of the circumference of Mars, the Valles Marineris is the largest canyon system on the planet. Spanning a colossal 4,000 kilometres, the canyon system can reach depths of 10 kilometres, and is at some points 200 kilometres wide. If the system were located on Earth, it would stretch across the U.S., from L.A. to the Atlantic coast. METRO

### Falling into the abyss

The Valles Marineris system is believed to be the result of the formation of the nearby Tharsis volcanic region, home to Olympus Mons, the solar system's largest volcano. As the region swelled with magma billions of years ago, the planet's crust stretched and split, collapsing into a vast, deep canyon. METRO

**Clickbait**

HANNAH ZITNER
hannah.zitner@metronews.ca

**Three weeks into its Canadian debut, Kickstarter Canada's been funding everything from alien adventure/action games to animated shorts to new technologies you never knew you needed. Meet the products you probably don't need, but will feel super cool having.**

CONTRIBUTED

### Polar Pen:

With 17 days left to go, the "world's first" modular magnetic pen has already reached more than 3,000 per cent of its funding. Not only would the silver (or 24K gold) bits look hot on your desk, they'd also give you something to play with when writer's block hits.

### Peachy Printer:

Again with the "world's first," this 3D printer claims to be among the cheapest ($100) and smallest 3D printers (that also doubles as a scanner). The pared-down design keeps the cost of the device low without using cheap parts. Twenty-one days left — and almost 1,000 per cent funded — to get in on the action.

### AppSeed:

From sketch to prototype with just a smartphone, the AppSeed helps designers turn their ideas into functioning models. With 10 days to go and $13,000 up, these Toronto-based designers are at 45 per cent of the $30,000 goal.

**Comments**

**RE: Are U.S. border guards 'anti-Canadian'? Published online Sept. 27**

Canadians need to stop going down to the States. Do your shopping here, vacation in Canada or anywhere other than the States. After about a year of the boycott, the Americans will be crying for Canadians to come back. If the Americans want our business, then it is them that need to smarten the Border Guards up and treat us with respect. The same goes for the Canadian Border Guards, they too are in need of smartening up pills.
**Dinorex, posted to metronews.ca**

Must be a slow news day. I'm sure there are CBSA employees that hate arrogant yanks, or bus drivers that hate old people, driving instructors that hate teenagers, etc. A little time on the Internet and you'll find a forum where someone behind an alias (hey — like me!) is crapping on someone else. It's hardly newsworthy. **Guesswhosback, posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**
Send us your comments: winnipegletters@metronews.ca

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**iTunes Festival**

**Justin Timberlake**

**Venue.** Live from the Roundhouse in London, U.K.

The problem with live streaming is the technical difficulties. Would have loved to tell you how awesome Justin Timberlake's opening Only When I walk Away was, but I could only hear it. Crowd seemed to love it. But it wasn't until the next song, Sexy Back, when the technical glitches resolved and I could see Timberlake, surrounded by blazing purple and red lights and smokin' hot in a black suit (but no tie), white penny loafers and fedora. Timberlake was backed by a quartet of singers and a pit of musicians, including brass and electronic. Dude still has moves, paying homage to Michael Jackson as he went and still has pipes, his gorgeous falsetto hitting the high notes in Cry Me a River with ease. Watching the concert through the iTunes store means getting close enough to see every sweat drop run down Timberlake's face. He gave the crowd what they wanted – a mix of old hits and songs from his upcoming album The 20/20 Experience – Part 2, which drops today. ELISHA DACEY/METRO

**EACH MONDAY IN SEPTEMBER, METRO REVIEWED ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA**

# Going light on the legal

**Interview.** Franklin & Bash is set in the courtroom but it's more about the relationship between the two lawyers

NED EHRBAR
Metro World News in Hollywood

Franklin & Bash is a show about lawyers sans all that legal stuff. CONTRIBUTED

Mark-Paul Gosselaar and Breckin Meyer are currently enjoying the third season of their comedy-drama legal series, Franklin & Bash, about two — let's say unconventional — young attorneys. They're so comfortable that it can be tough to distinguish them from their characters sometimes, except, as Gosselaar points out, Meyer's Jared Franklin is much funnier than Meyer himself.

**There are a lot of shows about lawyers. What makes this one unique?**

**Mark-Paul Gosselaar:** I think what separates our show most is the relationship between the two guys, Franklin and Bash. When I was pitched the show, I had just come off a TNT show playing an attorney, so the last thing I wanted to do was play another attorney. But being an attorney and the law aspect of the show sort of takes a back seat really to the relationship between these two guys. And that, I think, isn't in lawyers shows as much as they are in cop shows, maybe, or some other genres. But I think that's the first time that I read a script about two lawyers who have this sort of relationship — and I'd like to say that we came out before Suits because Suits has sort of the same dynamic.

**Breckin Meyer:** And I think the thing you don't get when you're dealing with these "case of the weeks," the one thing we have with the show — and it's because of the relationship — is the fun, is the comedy. It's not like Airplane, it's not a satire of a legal show. It's just that these guys are younger than most lawyers that they go up against, younger than the judges, and they tend to go about it in... a feistier way. If that means Jerry getting drunk during a cross-examination or Peter making out with one of the witnesses to win the case, so be it. They're kind of still feisty.

**After three seasons, how comfortable are you in the roles?**

**Gosselaar:** I think we're pretty comfortable, but also I think that we still, to this day, are very hard on ourselves, and I think we're very hard on the show in terms of trying to produce a product that we enjoy being on and that the fans will enjoy. I don't think we're comfortable in the sense that it's the third season and we're just sort of letting the show manifest into itself. I think we're still very much a part of it and we're still hungry. We only do 10 episodes a season, so for us in three seasons, we've done basically a season and a half of a network show. So for us it doesn't feel like we've done that much. A lot has happened in three years. I mean, Breckin is old now.

**Meyer:** And you don't stop aging. It's insane.

**Gosselaar:** I drink blood. I drink Breckin's blood, actually, that's how. Our characters are a magnification 100 per cent of who we are in real life. What we play on television is not too far from the type of people that we are, but they're completely magnified. I like to work out, I like to feel good about myself and look good, but Peter takes it to a whole other level. Breckin is kind of funny in real life, but he's really funny on the show.

**How much time have you actually spent in a courtroom to research this job?**

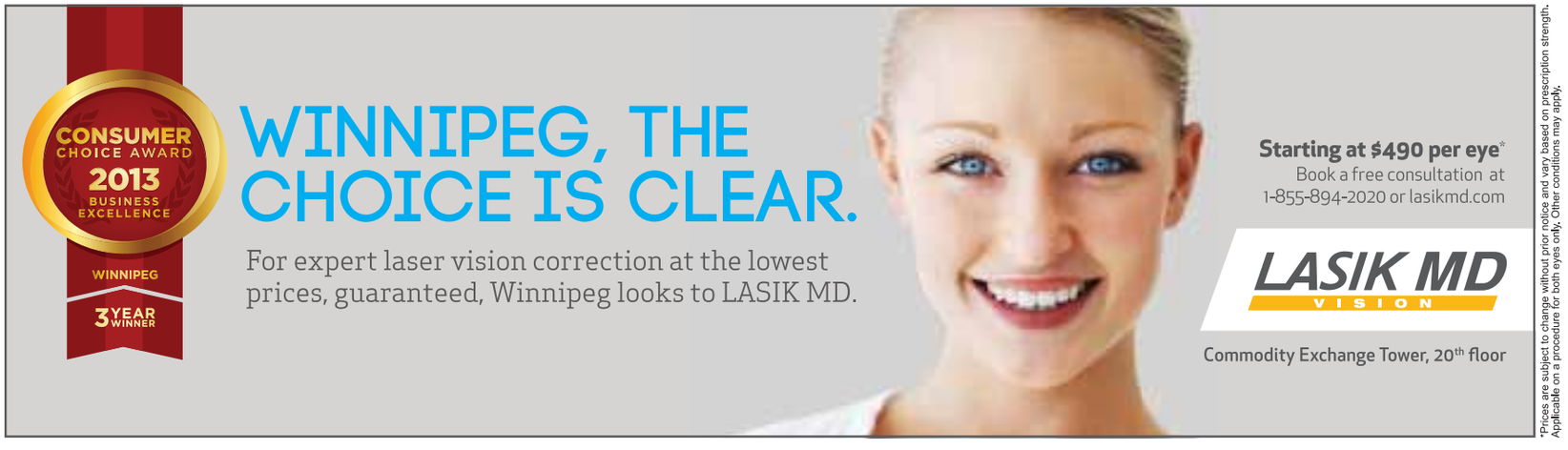
**Gosselaar:** For this job? None.

**Meyer:** And we'll say to Bill, our co-creator, a lot — like with me being drunk or whatever — we'll say, "What would happen if I really did that in court?" And he says, "You'd get thrown in jail," ... Bill says if you learn anything about the law watching our show, we're doing you a disservice.

**Show**

**Where can you watch**

- **Channel.** Franklin & Bash airs Mondays on Bravo.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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**Pop Goes The Week**

## *Bieber lays down the law while Gaga bickers online*

STAR GAZING
Malene Arpe
scene@metronews.ca

**Justin Bieber reportedly kicks out his buddies Lil Za and Lil Twist after some jewelry goes missing from his house.** Perhaps now there will finally be room for Lil Suspenders and Lil Shirt to move in.

**Pamela Anderson is going to be running the New York City Marathon.** Unfortunately she will apparently not be doing so in slow-motion, wearing a red bathing suit.

**Kevin Federline says that he will not allow Britney to haul their son Sean Preston on stage during her upcoming Vegas show.** And if she doesn't heed him he'll immediately retain a lawyer using her money.

**Robert Pattinson brought a "mystery brunette" to a friend's birthday party.** It was either that or the "intrigue redhead," but she was busy at an anniversary brunch.

**Kanye West complains that six years ago Fendi ignored his design for leather jogging pants.** In Fendi's defense let's not forget that Kanye's collection of cement hats was a severe disappointment.

**Miley Cyrus says Justin Bieber should keep his shirt on and stop acting crazy.** That explains why my kettle and my pot just threw up from laughing and then exploded.

**Gerard Butler, Nikolai Coster-Waldau and Geoffrey Rush will play Set, Horus and Ra in The Gods of Egypt.** Because nothing says sacred Egyptian mythology like a bloated Scot, a skinny Dane and an Australian pirate.

**Lady Gaga and Adam Levine get into a twitter war that starts out being about the nature of art but quickly devolves into grammar shaming.** It's exactly like that time when Picasso and Hemingway wrote angry notes to each other in the margins of the afternoon paper.

## Funny gal Wilson finds out that jokes don't twerk well for Miley's people

Maybe Miley Cyrus doesn't have that much of a sense of humour about her public image in the wake of her MTV Video Music Awards performance. Rebel Wilson says she was set to introduce Cyrus at the iHeartRadio Music Festival in Las Vegas last week but bristled at having her material censored. "Their management got a copy of my jokes of what I was going to say, and I was banned from saying the jokes," Wilson tells Jimmy Kimmel during an interview. Britney Spears ended up welcoming Cyrus to the stage. "But the jokes weren't that bad," Wilson insists. "It was like, 'Miley Cyrus got to the top through her raw talent and hard twerk.' It wasn't even that bad."

Miley Cyrus
ALL IMAGES GETTY

Forty-eight per cent of children aged 11 and older have a cellphone. ISTOCK

Book excerpt

## Smartphone vs. kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Smartphones. Do kids need one? I go back and forth on this one. While it's great that we can use our smartphones to stay in touch with our kids, it's not so great that they can use their smartphones to stay in touch with us. When I need to get a hold of them, it's important. When they need to get a hold of me, it's usually to ask me to do something. I don't need them to have immediate access in one of those scenarios. According to a President's Choice survey, 48 per cent of children 11 and older have a cellphone. Take my advice and teach them how to use this cellphone in a safe and polite way. Just because we blazed the trail by using these marvels of technology in cars, while walking across busy streets, and in the middle of romantic dinners, does not in any way mean we have to pass on these rude and dangerous methods to our children. Help put the "smart" back in smartphone. FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS BY KATHY BUCKWORTH, PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.

Exclusively online

The McCafé is a parent's play place. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metro.ca/voices.

# Balancing act: Finding fam time

**Book.** Don and Debra MacMannis share tips on how to strengthen family ties

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

One therapist couple, Don and Debra MacMannis, have 10 tips in a new book — How's Your Family Really Doing? — they say are needed to create lasting bonds

Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect.

### The in-between times

Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feel- ings with your loved ones.

### Be affectionate

Too many parents give all of their love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

### Just listen

Tip

Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself centered, and remember not to give unsolicited advice.

### Every bit counts

Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you." METRO

There are easy ways to bring your family members closer together. ISTOCK

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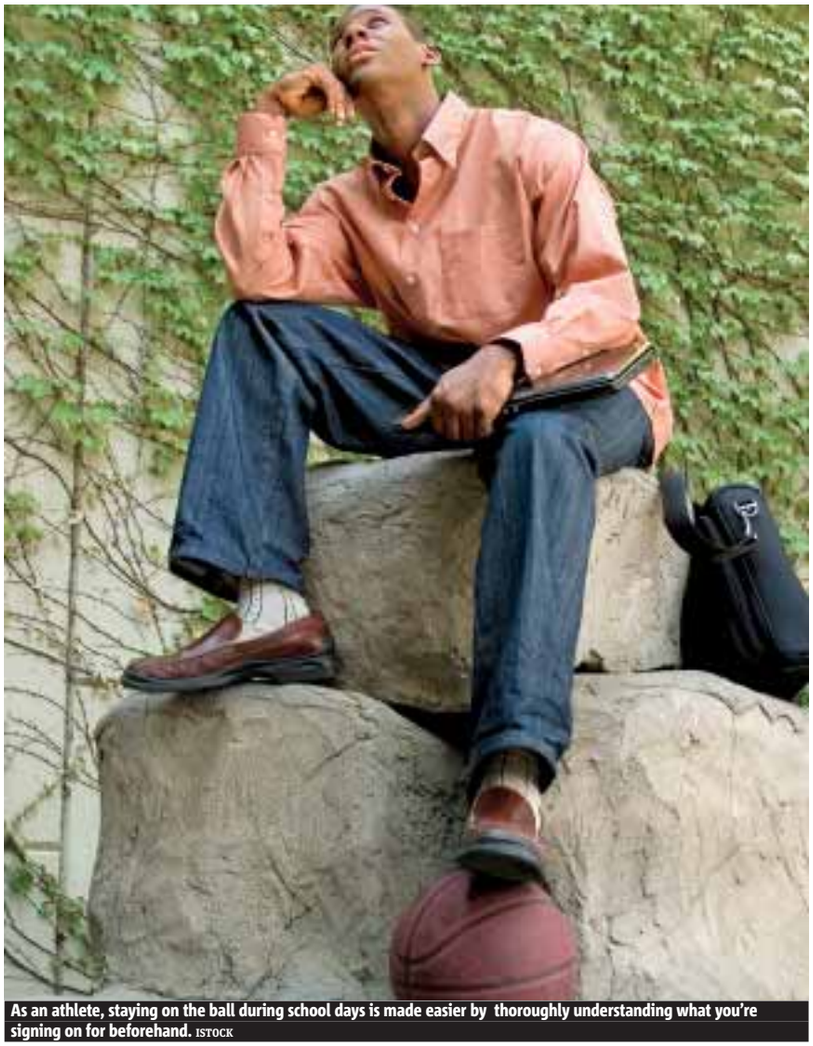
# To the lecture hall or the locker room?

**Working it out.**
Hit a home run by perfecting a strong school-sport balance

BRUCE WALSH
Metro World News

Every fall thousands of student athletes discover they must walk a tightrope between academic and athletic pressures — often with a year-to-year scholarship on the line. As the 2013-14 athletic calendar kicks off, we checked in with student athletes both past and present for advice on coping with the tougher side of their experience.



As an athlete, staying on the ball during school days is made easier by thoroughly understanding what you're signing on for beforehand. ISTOCK

### Welch Suggs

**Sport:** Track and field

**School:** Rhodes College

**Current position:** Professor of sports journalism at the University of Georgia
**Career highlight:** Author of the book, A Place On the Team

**What do you wish all athletes knew before they arrived on campus?**
That college athletics are a business, and that is the primary motivator of nearly all the adults surrounding them. That means the schedule may be unfair, and your scholarship may be adjusted. Most athletes aren't prepared for that. It's not the most nurturing atmosphere in the world.

**Where can athletes go for help and advice?**
It varies from campus to campus, but usually there are academic advisers who are willing to advocate for athletes. The catch-22 is that people outside of varsity sports usually don't understand the pressures on the inside.

### Emily Dorko

**Sport:** Softball and volleyball

**School:** Adelphi University

**Current position:** MBA graduate student

**Career highlight:** .495 batting average in 2013, multiple academic awards

**What do you wish you knew before you became a student athlete?**
That coaches sometimes forget you're a student first. When you're under pressure, it's easy to let your studies fall by the wayside.

**Where can athletes go for help and advice?**
Like most campuses, there were multiple places to go at Adelphi: tutors, advisers, study groups. But I think what's missing at most schools is a liaison between student athletes and their coaches — someone to take the student's side.

**Leaving one for the team**

**At some point, athletes often realize that there's a whole other world that they'd like to experience — student government, studying abroad, etc. But they don't realize that when they take that scholarship, they're really beholden to the coach.**
Karen Weaver
Professor of sports management

### Karen Weaver

**Sport:** Field hockey

**School:** Lock Haven University
**Current position:** Professor of sports management, Drexel University

**Career highlight:** Coached Salisbury University to an NCAA Championship in 1986

**What do you wish all athletes knew before they arrived on campus?**
At some point, athletes often realize that there's a whole other world that they'd like to experience — student government, studying abroad, etc. But they don't realize that when they take that scholarship, they're really beholden to the coach.

**Where can athletes go for help and advice?**
In that case, there is rarely much flexibility. They signed a contract and, if they want the scholarship, the coach is in charge. That's why it's so important to thoroughly understand the commitment.

### Alyssa Englert

**Sport:** Basketball

**School:** University of Hartford

**Current position:** Point guard for the U. Hartford Hawks

**Career highlight:** Led the 2012-13 Hawks with 92 assists

**What do you wish you knew before you became a student athlete?**
I wish I knew the team and the coaches a little better before I arrived. I only visited once. It was a big adjustment when I got here.

**Where can athletes go for help and advice?**
I'm not really sure. But even if I knew, I'm not sure I would reach out in that way. I like to just kind of keep to myself.

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'Round the world wisdom

# *Facing adversity one step at a time*

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.**

Focus not on the path, but the prints you're leaving along the way. ISTOCK

Life's challenges often loom larger than they really are — we get overwhelmed by what needs to be done then bury our heads and do nothing at all. Not because we don't want to work out a solution, but because we can't figure out where to start.

What we need to do: break down the problem into bite- size chunks.

After I signed up to run the Gobi desert, I had to start … running. I asked people who should know for tips about the best way to prepare and they told me, "go at it one step at a time."

I took three million steps during training. I ran for most of it and when exhaustion hit, I walked. When I became injured I adapted my training regimen, running in a pool to reduce the impact on my shins that badly needed rehab.

When I crossed the starting line in the Gobi, I wasn't thinking about how I was going to run six marathons in five days. I focused on one race at a time. When that got to be too much, I thought about making it to the next 10-kilometre checkpoint, then to just the next flag. When there was no steam left, I concentrated on taking just one more step.

It took me 600,000 steps to cross the finish line. For most of the race I never envisioned that finish line. My mantra was, "OK, one more step."

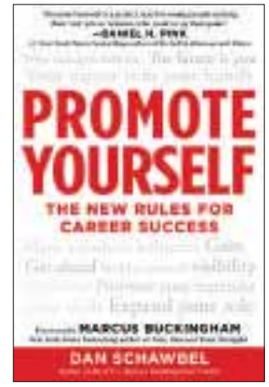
If you're overwhelmed by an issue staring you in the face, start the journey to a resolution by taking that first small step — and then another, and another, moving ultimately to that giant leap forward.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

# A new set of rules to rule the working world

**The career ain't gonna come to you.** Prepare to put yourself out there in the very public rat race of today

DAN SCHAWBEL
Metro World News




In today's economy, you need to create your own career path instead of relying on a company to create one for you. You need to be accountable — at the end of the day, your success or failure depends on how hard you work, how fresh your skills are and the value you deliver. You are competing not just against your peers, but against everyone in the world.

Positions exist today that didn't five years ago, and jobs of the past have since been automated. We are playing by a new set of rules and by learning them, you can stand out and get ahead. Here are four of the new rules, as mentioned in my new best-selling book, Promote Yourself: The New Rules for Career Success.

**Your job description is just the beginning**

If all you do is your job, you can't get ahead at work. Instead, you need to constantly prove yourself, over-deliver on your work and take on new responsibilities whenever possible.

**Your reputation is the single greatest asset you have**

As you move from job to job and company to company, the one thing you get to take with you is your reputation. If you build a strong reputation, the opportunities will find you.

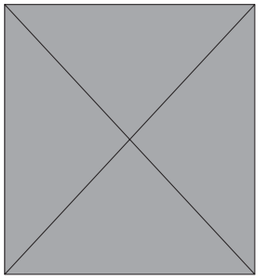
**Your personal life is now public**

How you present yourself online can affect how people perceive and treat you at work. Your personal and professional lives are merged. Think about how you want co-workers who are friends on Facebook to perceive you before you post.

**Your boss's career comes first**

Although you are accountable for your own career, your boss's trajectory can make a difference. If your manager isn't successful, it will be hard for him or her to support you. That's why you have to work hard to make your boss's life easier.

CAREER FINDER



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metro
COUPONS
Monday, September 30, 2013

A 2010 study found that more than four million Canadians visit coupon sites monthly. Other countries may use coupons more, but Canadians are slowly clipping their way to more savings. LIQUIDLIBRARY/THINKSTOCK

# Coupon savings growing on Canadians

M.E. POWELL
For Metro

Canadians aren't big online coupon users, according to studies, but the trend is growing.

A 2010 comScore study ranked Canada seventh in coupon use. More than four million Canadians visit coupon sites monthly, reaching 16 per cent of the online Canadian audience in April 2011.

An August 2013 study by RetailMeNot.ca, billing itself as the largest digital coupon marketplace, found Canadians least likely of 11 countries to visit price comparison websites or use a mobile device for shopping.

Some 15 per cent of Canadians never look for deals or offers on products, and 22 per cent don't buy online, according to the 2013 study. At the same time, 28 per cent of Canadians look for coupons and vouchers in newspapers or mail, ranking even with Americans and Germans.

Only four per cent of Canadians look for deals on social media, the 2013 study found. However, the Canadian Deals & Coupon Association points out that few Canadian coupons are available on social media.

The good news for those who do use coupons, according to coupon mavens, is savings. The amount will vary depending on purchases, family size, and stores shopped.

For instance, Cassie Howard, founder of mrsjanuary.com, estimates you can save 30 to 50 per cent off grocery bills. Erin Huffstetler, of frugalliving.about.com, says she has experienced savings of 20 to 50 per cent. Heather Wheeler and Joanie Demer, founders of thekrazycouponlady.com, suggest savings as high as 50 to 90 per cent.

Most studies show that more women (62 per cent) use coupons than men, and the majority of coupon users are moms trying to get the best deals for their families.

More than 78 per cent of U.S. consumers reported using a coupon in 2010, according to one study, with an average savings per coupon of $1.44 US. About 47 per cent of Internet users — or 88.2 million consumers — used coupons in 2011, and 96.8 million are expected to use coupons in 2013.

Digital coupon use is also a growing trend, with studies estimating as high as 48 million U.S. smartphone and tablet users will use a mobile coupon this year. Some sites predict as many as 53.2 million U.S. consumers will use mobile coupons by 2014.

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Experts say holidays are a natural time to find coupons. HEMERA/THINKSTOCK

# Clip for the holidays

M.E. POWELL
For Metro

Coupons are a seasonal business, and holidays are a natural time to find coupons.

Back-to-school coupons are popular in late August and September, said Cassie Howard, founder of mrsjanuary.com, and consumers search out Thanksgiving and Christmas seasonal coupons.

New Years is another good time to find coupons, Howard said, "when people have made a new year resolution to start saving more money."

"Couponing during the holidays can be a lifesaver for families on a tight budget," say Heather Wheeler and Joanie Demer, founders of thekrazycouponlady.com. "Of course, coupons will save a ton on the groceries for your holiday meals, but will also help you save substantially on toys and other gifts in department stores or online."

Most Canadians look for coupons in newspapers, newspaper inserts, flyers, and similar printed coupons, said Erin Huffstetler, of frugalliving.about.com. Sunday newspaper inserts are a good source, and buying multiple copies of the paper will provide enough coupons that you need for maximum savings.

Store shelves provide a major source of coupons for many shoppers. As well as in-store coupons on shelves, some stores offer coupons at the cash register or even on receipts. Grocery and drug stores often use such coupons, Howard said, and a 2011 infographic on her website shows the top purchases using coupons include groceries (55 per cent) and drugs (42 per cent).

Common coupon purchases include toilet paper, baking supplies, beauty products, cereal, and lunch box items. Top purchases include diapers and household cleaners, which are often cheap or free after sales and coupons, Howard said. Other potentially free items listed on her website include candles, pain relievers, canned soup, shaving gel, air fresheners, toothpaste, and toothbrushes.

Online coupon sites are becoming more popular, such as save.ca, websaver.ca, smartsource.ca, and lifemadedelicious.ca.

"Contacting your favourite manufacturers through their websites or customer service lines is an excellent way to score high-value coupons, and sometimes free product coupons," Huffstetler said.

To increase savings, Wheeler and Demer suggest the "perfect storm" for couponing. "Wait for a sale, then stack (combine) manufacturer and store coupons to save the most money possible."

# Advice. Be familiar with coupon policies

While using coupons may conjure visions of mad dashes to the sales aisles, the reality is very different, according to coupon experts.

Couponers follow etiquette, experts agree.

"One big example is to always leave coupons behind for others when you find them in stores," said Cassie Howard, founder of mrsjanuary.com.

"Manufacturers don't have to offer coupons and stores don't have to accept them, so if you want them to stick around, make sure you're using them the way they were intended," said Erin Huffstetler, of frugalliving.about.com.

"It's important for couponers to be courteous to cashiers, other shoppers and fellow couponers," said Heather Wheeler and Joanie Demer, founders of thekrazycouponlady.com.

All agree it's important to read the fine print on coupons to see what exclusions apply, and be familiar with coupon policies often listed on store websites.

Beginning couponers should remember to start small, get organized, and don't compare themselves to more experienced couponers, Howard said.

Beginners should watch for coupons on products they already use, and then save them for sales if possible to increase the savings. Also, it's important to keep coupons in a handy place for shopping, such as a file, folder, or organizer.

"Do the math before you toss anything in your cart," Huffstetler said. "Sometimes the store brand is still cheaper than the manufacturer brand with a coupon."

For more expert or "extreme" couponers, Howard advises not going overboard.

"Just because you can get a ton of something for just a few cents or less, only buy it if you can actually use it all before it expires."

She also suggests donating extra items to local shelters and food banks.

Finally, she said, take some time off, and don't worry about bringing home a great haul every single week.

M.E. POWELL

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Twin Cities & Area • Bemidji • Thief River Falls
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Time Is On Your Side
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Winnipeg, Manitoba
All coupons on this page expire October 4, 2013. Coupons valid for residences within the city of Winnipeg.

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$144.95 PLUS TAXES
REGULAR 249.95
* Extra Vents add $8.95 each.
A/C & High efficiency add $39.
UP TO 14 VENTS
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$109.95 PLUS TAXES
REGULAR 165.95
• Check gas pressure • Set manifold pressure
• Clean & adjust main burners • Complete safety check
IT'S TIME TO CALL!

OR BOOK BOTH & SAVE
ONLY 199.95 PLUS TAXES
DUCT CLEANING & FURNACE MAINTENANCE
BOOK YOUR CLEANING & MAINTENANCE TOGETHER AND SAVE
IT'S TIME TO CALL!

# Bye-bye barbecue season: Chicken kebabs with sauce

**1.** In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag, then turn to coat the chicken. Refrigerate for 30 minutes. If using wooden skewers for the kebabs, soak them in water while the chicken brines.

**2.** Meanwhile, in a blender or food processor, combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

**3.** When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

**4.** Remove the chicken from the brine, then thread the pieces onto 4 skewers. Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute. Transfer the kebabs to serving plates, then drizzle with additional sauce. THE ASSOCIATED PRESS

**Ingredients**

- 1/2 cup water
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 1/4 lbs boneless, skinless chicken breasts (about 3), cut into 1-inch chunks
- 1 1/2 bananas
- 1/2 cup ketchup
- 1 to 2 whole fresh jalapenos (for less heat, split them open and remove the seeds and ribs)
- 2 tbsp red wine vinegar

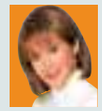
This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

**Correction**

**Friday's Beekman Boys article wrongly identified The Beekman 1802 Heirloom Dessert Cookbook as the couple's first book release. It is actually its second.**

**Healthy eating**

## *Choose it and lose it*



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

**Salad is great for those trying to eat healthy, but additions may cost you in calories and fat if you're not careful.** PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

### Milestone's Grilled Chicken Salad

**1,040 calories/ 82 g fat**
Think twice about this salad. Fried tortilla chips and an oil-based vinaigrette give you close to a day's worth of calories and fat.

### Equivalent

One Milestone's Grilled Chicken Salad with tortilla chips and Honey Lime Peanut Vinaigrette is equal in calories to 20 oz (567 g) grilled flank steak.

### Roasted Garlic Caesar Salad entrée size with Chicken Breast

**625 calories/ 45 g fat**
At Milestone's, the Caesar gives you half the calories and fat, making it a better choice.

# Lunch. Chicken and Cheddar Calzone

Prepared pizza dough is a great shortcut to homemade calzone, making them easy enough to prepare on a weeknight. If your kids love the ones at the big pizza chains, try these for an at-home treat.

**1.** Preheat oven to 400 F (200 C). Line large-rimmed baking sheet with parchment paper. Dust work surface and top of pizza dough with flour. Cover dough with tea towel and let rest for 20 minutes.

**2.** Divide dough in half. On lightly floured surface and using fingers, stretch each half into an oval. Using rolling pin, roll each piece to 12- x 10-inch (30- x 25 cm) oval. Transfer to prepared baking sheet.

**3.** Spread pizza sauce over lower half of each oval, leaving 1/2-inch (1 cm) border bare. Top with chicken, salami, tomatoes and Cheddar. Lightly brush edges with water; fold bare dough over filling, crimping edges to seal and dusting fingers with flour to prevent sticking. Using tip of scissors, cut three vent holes in top of each calzone. Using scissors, cut parchment paper between the two calzones and pull them apart on the sheet so they are spaced well apart.

**4.** Bake in lower third of oven 25 minutes or until evenly browned. Cool 10 minutes before cutting each into three wedges. PRESIDENT'S CHOICE

**Ingredients**

- 1 pkg (680 g) prepared pizza dough, at room temperature
- All-purpose flour for dusting
- 1/2 cup (125 ml) pizza sauce
- Half 500 g-pkg PC Chicken Breast Strips, cut in thin strips
- 3 slices PC Genoa Salami, chopped
- 10 cherry tomatoes, cut in half
- 1 cup (250 ml) PC Triple Shredded Cheddar

NHL

## Oilers' Ference earns C on jersey

The Edmonton Oilers named defenceman Andrew Ference their new team captain on Sunday, making him the 14th in franchise history.

The 34-year-old Ference is entering his 14th NHL season and his first with the Oilers.

The five-foot-11, 189-pound defenceman has 37 goals, 156 assists and 645 penalty minutes in 760 career games.

THE CANADIAN PRESS

MLB

## Ex-Jays pitcher tosses no-hitter vs. toothless Tigers

Former Toronto Blue Jay Henderson Alvarez pitched a no-hitter with a most bizarre ending, celebrating in the on-deck circle when the Miami Marlins scored on a two-out wild pitch in the bottom of the ninth inning to beat the AL Central champion Detroit Tigers 1-0 Sunday.

After Alvarez finished off the ninth with the game scoreless, he had to wait to see if it would become an official no-hitter. A Major League Baseball ruling in 1991 said only complete games of nine or more innings with no hits would count.

The Marlins loaded the bases and with pinch-hitter Greg Dobbs at bat, Luke Putkonen threw a wild pitch that let Giancarlo Stanton score.

Alvarez (5-6) struck out four, walked one and hit a batter.

THE ASSOCIATED PRESS

Geroy Simon became the CFL's all-time receptions leader on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

# Riders struck down on Simon's big day

**CFL.** Veteran slotback moves to top of all-time completions list but Saskatchewan drops fourth straight

Geroy Simon is the CFL's all-time receptions king.

But the Saskatchewan Roughriders' slotback was in no mood to celebrate after his team lost a fourth game in a row on Sunday.

Simon made the 1,018th catch of his 15-year career when he hauled in a seven-yard pass from Darian Durant nearly 10 minutes into the first quarter of the Roughriders 17-12 loss to the Montreal Alouettes.

"It's tough to put it into words after a fourth loss in a row," a dejected Simon said. "It means a lot, but it will mean a lot more in a while.

"I'm not about individual accolades. I'm about winning and right now we're not doing a good job."

The 38-year-old had three catches on the day to give him 1,020.

Simon set the historic mark in the same place, Percival Molson Stadium, where the man whose record he broke made many of his grabs — former Alouette Ben Cahoon.

Cahoon, who played 13 seasons, all with Montreal, set the record when he passed Terry Vaughn's 1,006 receptions on Oct. 11, 2010, and added 11 more in the regular season. He retired after winning the Grey Cup that season.

A scoreboard message was played from Cahoon congratulating Simon.

"It represents tens of thousands of frequent-flyer miles and hundreds of dollars buying all those quarterbacks dinner so they'll get you ball," said Cahoon. "Congratulations Geroy, you earned every one of those balls." THE CANADIAN PRESS

**Mutual respect**

**"I've been friends with Ben for a long time, before we ever got to this league. He's a first-class guy."**

**Roughriders slotback Geroy Simon,** who surpassed Ben Cahoon's completions record on Sunday in Montreal.

# Seahawks swoop in for comeback OT win

The Seahawks' Cliff Avril sacks Texans quarterback Matt Schaub, knocking his helmet off in the process, on Sunday. PATRIC SCHNEIDER/THE ASSOCIATED PRESS

Seattle's Richard Sherman saw quarterback Matt Schaub roll out in the fourth quarter and had a pretty good idea what he wanted to do next.

So he jumped the route, stepped in front of Owen Daniels for the interception and returned it 58 yards for a touchdown to force overtime Sunday against the Houston Texans.

Steven Hauschka kicked a 45-yard field goal in the extra period to give the Seahawks the 23-20 victory for their first 4-0 start in franchise history.

"It's a high-risk, high-reward play," Sherman said. "You have to jump in, and you might get beat over the top for a 20- or 30-yard gain if he gets the ball down there. But if you make the play, you might get a pick-six and change the game for your team."

But it wasn't exactly a high risk for Sherman. He made a nearly identical play on Friday in practice and said he "knew what was coming."

"That doesn't happen very often, but when it did it was like the world stopped for a second there because he had the ball in his hands and no one in front of him, and we had practised exactly that," Seattle coach Pete Carroll said.

Houston (2-2) failed to score on two possessions in overtime and also lost linebacker Brian Cushing to a concussion. The Seahawks got the win on their second drive in overtime after rallying from a 20-3 deficit.

The NFL's best defence held Houston scoreless after halftime. THE ASSOCIATED PRESS

4 SPORTS

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# Reds limp into NL wild-card showdown

**MLB.** Cincinnati drops regular-season finale, its 5th straight loss, to rival Pittsburgh

Things were looking up for the Reds at the start of the week. They'd clinched a playoff spot and had a chance to win home-field advantage for their first playoff game.

Their hitting went away, and so did all of those hometown plans.

The Reds dropped their fifth game in a row Sunday, ending the regular season with a 4-2 loss to the Pittsburgh Pirates. Cincinnati's losing streak matched its longest of the season and cost the Reds a chance to host the NL wild-card game.

Instead, they'll head to PNC Park for a rematch with the Pirates on Tuesday night.

"We've been beat up pretty good all week," manager Dusty Baker said. "What I'm hearing around here is: We've lost already. This isn't the way I wanted to get in, but how many teams are in? Five? We're one of the five."

And they're heading back to a familiar place to face a team in the playoffs for the first time in 21 years. The Pirates and Reds have met five times in the playoffs: 1970, 1972, 1975, 1979 and 1990, when the Reds won their last World Series title.

The wild-card matchup features right-hander Johnny Cueto (5-2), who is 8-2 career at PNC Park, against left-hander Francisco Liriano (16-8), who is 0-3 in four starts against Cincinnati this season.

THE ASSOCIATED PRESS

**Second season**

**"I think everybody's excited about the opportunity. All of that is in the past. Everything is ahead of us."**

**Cincinnati catcher Ryan Hanigan** on the Reds heading into the playoffs on a five-game losing streak.

**AL wild card**

**The Tampa Bay Rays and Texas Rangers are set for a one-game tiebreaker to see which team advances to the AL wild-card playoff.**

- The Rays and Rangers both won Sunday and ended up even. They'll meet Monday night in Texas, with the winner earning the second wild-card spot and playing at Cleveland on Wednesday night.

## MLB

### AMERICAN LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Boston | 97 | 65 | .599 | — |
| Tampa Bay | 91 | 71 | .562 | 6 |
| Baltimore | 85 | 77 | .525 | 12 |
| New York | 85 | 77 | .525 | 12 |
| Toronto | 74 | 88 | .457 | 23 |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Detroit | 93 | 69 | .574 | — |
| y-Cleveland | 92 | 70 | .568 | 1 |
| Kansas City | 86 | 76 | .531 | 7 |
| Minnesota | 66 | 96 | .407 | 27 |
| Chicago | 63 | 99 | .389 | 30 |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Oakland | 96 | 66 | .593 | — |
| Texas | 91 | 71 | .562 | 5 |
| Los Angeles | 78 | 84 | .481 | 18 |
| Seattle | 71 | 91 | .438 | 25 |
| Houston | 51 | 111 | .315 | 45 |

**x-clinched division; y-clinched wild card**

**Sunday's results**
Tampa Bay 7 Toronto 6
Baltimore 7 Boston 6
N.Y. Yankees 5 Houston 1 (14 inn.)
Kansas City 4 Chicago White Sox 1
Cleveland 5 Minnesota 1
Texas 6 L.A. Angels 2
Oakland 9 Seattle 0

**Saturday's results**
Texas 7 L.A. Angels 4
Cleveland 5 Minnesota 1
Toronto 7 Tampa Bay 2
Seattle 7 Oakland 5
Baltimore 6 Boston 5
N.Y. Yankees 2 Houston 1
Chicago White Sox 6 Kansas City 5

### NATIONAL LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Atlanta | 96 | 66 | .593 | — |
| Washington | 86 | 76 | .531 | 10 |
| New York | 74 | 88 | .457 | 22 |
| Philadelphia | 73 | 89 | .451 | 23 |
| Miami | 62 | 100 | .383 | 34 |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-St. Louis | 97 | 65 | .599 | — |
| y-Pittsburgh | 94 | 68 | .580 | 3 |
| y-Cincinnati | 90 | 72 | .556 | 7 |
| Milwaukee | 74 | 88 | .457 | 23 |
| Chicago | 66 | 96 | .407 | 31 |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Los Angeles | 92 | 70 | .568 | — |
| Arizona | 81 | 81 | .500 | 11 |
| San Diego | 76 | 86 | .469 | 16 |
| San Francisco | 76 | 86 | .469 | 16 |
| Colorado | 74 | 88 | .457 | 18 |

**Sunday's results**
Miami 1 Detroit 0
N.Y. Mets 3 Milwaukee 2
Pittsburgh 4 Cincinnati 2
Atlanta 12 Philadelphia 5
St. Louis 4 Chicago Cubs 0
San Francisco 7 San Diego 6
Arizona 3 Washington 2
Colorado 2 L.A. Dodgers 1

**Saturday's results**
Pittsburgh 8 Cincinnati 3
San Diego 9 San Francisco 3
Milwaukee 4 N.Y. Mets 2 (10 inn.)
St. Louis 6 Chicago Cubs 2
Miami 2 Detroit 1 (10 inn.)
Philadelphia 5 Atlanta 4
Washington 2 Arizona 0
Colorado 1 L.A. Dodgers 0

### AL WILD CARD TIEBREAKER

**Monday's game — All Times Eastern**
Tampa Bay (Price 9-8) at Texas (M.Perez 10-5), 8:07 p.m.

### WILD CARD GAMES

**Tuesday's game**
**NL:** Cincinnati (Cueto 5-2) at Pittsburgh (Liriano 16-8), 8:07 p.m.
**Wednesday's game**
**AL:** Tampa Bay-Texas winner at Cleveland, 8:07 p.m.

### DIVISION SERIES — BEST OF 5

**AMERICAN LEAGUE**
Oakland vs. Detroit
Boston vs. Cleveland-Tampa Bay-Texas

**NATIONAL LEAGUE**
Atlanta vs. Los Angeles
St. Louis vs. Cincinnati-Pittsburgh winner

## CFL

### WEEK 14

**EAST DIVISION**

| | GP | W | L | T | PF | PA | Pts |
|---|---|---|---|---|---|---|---|
| Toronto | 13 | 9 | 4 | 0 | 388 | 337 | 18 |
| Hamilton | 13 | 6 | 7 | 0 | 327 | 364 | 12 |
| Montreal | 13 | 5 | 8 | 0 | 302 | 361 | 10 |
| Winnipeg | 13 | 2 | 11 | 0 | 268 | 421 | 4 |

**WEST DIVISION**

| | GP | W | L | T | PF | PA | Pts |
|---|---|---|---|---|---|---|---|
| Calgary | 13 | 10 | 3 | 0 | 408 | 312 | 20 |
| B.C. | 13 | 9 | 4 | 0 | 378 | 319 | 18 |
| Saskatchewan | 13 | 8 | 5 | 0 | 388 | 299 | 16 |
| Edmonton | 13 | 3 | 10 | 0 | 316 | 362 | 6 |

**Sunday's result**
Montreal 17 Saskatchewan 12
**Saturday's results**
Calgary 35 Hamilton 11
Toronto 34 Edmonton 22

## NFL

### WEEK 4

**Sunday's results**
Seattle 23 Houston 20
Kansas City 31 N.Y. Giants 7
Minnesota 34 Pittsburgh 27
Buffalo 23 Baltimore 20
Arizona 13 Tampa Bay 10
Cleveland 17 Cincinnati 6
Indianapolis 37 Jacksonville 3
Detroit 40 Chicago 32
Tennessee 38 N.Y. Jets 13
Denver 52 Philadelphia 20
San Diego 30 Dallas 21
Washington 24 Oakland 14
New England at Atlanta
**Monday's game — All Times Eastern**
Miami at New Orleans, 8:40 p.m.

## MLS

**Sunday's results**
Portland 1 Los Angeles 0
Columbus at FC Dallas
New York at Seattle
San Jose at Chivas USA
**Saturday's results**
Toronto FC 4 D.C. United 1
Real Salt Lake 1 Vancouver 0
New England 1 Houston 1
Chicago 2 Montreal 2
**Friday's games — All Times Eastern**
Chicago at D.C. United, 8 p.m.
Montreal at Houston, 8:30 p.m.

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Both at home and at work you will know if others are telling the truth or tell fibs – no way will they fool you. If you do catch someone out in a lie make sure they pay for it.

### ♉ Taurus
**April 21 - May 21**
You may be in a trusting mood but don't let your generosity blind you. Some people will happily rip you off if they think they can get away with it. Don't let them..

### ♊ Gemini
**May 22 - June 21**
The planets warn you must not push yourself too hard this week, so cut yourself some slack and get some enjoyment from life.

### ♋ Cancer
**June 22 - July 23**
Be who you want to be and do what you want to do. That, in a nutshell, is the message of the stars this week and if you follow it you won't go far wrong. You may also earn some extra money.

### ♌ Leo
**July 24 - Aug. 23**
Only you know how hard you have strived to reach your current position, so don't let those who are a bit too free and easy with their criticisms get you down. What do they know? Not nearly as much as you.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Some kind of offer will come your way this week and if you are smart you will snap it up. You may be shy and retiring by nature but you know a good thing when you see it – and this is first class.

### ♎ Libra
**Sept. 24 - Oct. 23**
Take care you don't spend too much on luxury living today. If you do you may be in for a shock a few weeks from now when money is much harder to come by. Is it essential? If not, don't buy it.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Family, friends and colleagues will rally round today to show they are behind you one hundred per cent. Whatever you want you will find a way to get it. More likely though, someone will get it for you.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You may not be entirely happy with the direction your life is going but there is no need to panic. The tide is turning in your favour, so be happy!

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Your confidence is sky high at the moment and you only have to walk down the street to turn heads. Why? Because when you feel great on the inside you look great too.

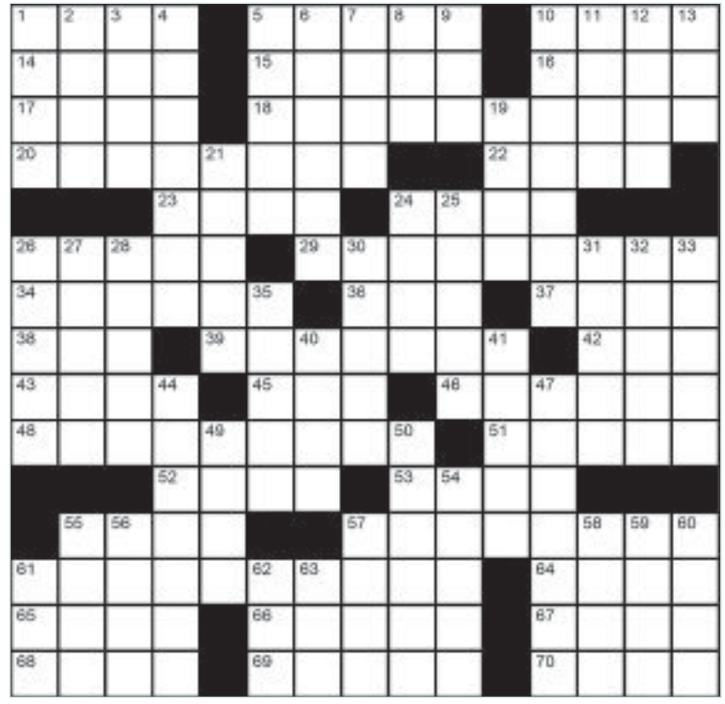
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Even if you don't have an idea what is going on around you at the moment act as if you do. Create the illusion that you are in control. It's surprising how easily people are fooled.

### ♓ Pisces
**Feb. 20 - March 20**
If you get the chance to travel this week, maybe to a place you have never been before, don't hesitate or hang back. Life is supposed to be an adventure, so be bold and be the one who does something different. **SALLY BROMPTON**

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

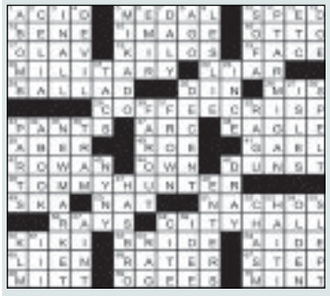
BY KELLY ANN BUCHANAN



**Across**
1. Foretoken
5. Light rains
10. Scratch
14. __ passu (Impartially)
15. Really got to or bothered: 2 wds.
16. Chess piece
17. Culture†medium
18. Plastic surgery procedures: 2 wds.
20. Je me __ = I remember (Quebec licence plates slogan)
22. Actor Stephen, and surname sakes
23. "...so long __ __ both shall live?"
24. Scoundrel
26. Line: French
29. Show like "Dragons' Den" in The States: 2 wds.
34. Jerusalem's locale
36. Mr. Roth
37. "Divine Secrets of the __-__ Sisterhood" (2002)
38. Irish coronation stone, __ Fail
39. "__ Mysteries" on CBC
42. Bert Bobbsey's twin
43. 24-hr. bankers
45. Wet dirt
46. Operate
48. British Columbia city
51. Pops
52. Office phone lines, for short
53. Regarding: 2 wds.
55. Spa treatment, mani-__
57. Canadian Charter of Rights and __
61. Group of Seven painter, Franklin __ (b.1890 - d.1945)
64. Milk, in Montreal
65. Actress Jessica
66. Comic strip, For Better or For __
67. French 101 verb
68. Imagine, archaically
69. "Boy __ World" ('90s TV series)
70. Canadian telecommunications firm

**Down**
1. Pampering places
2. Othello villain
3. Grey, in Germany
4. Grunge greats
5. "Ahoy, __!"
6. Apple songs
7. School terms, for short
8. Scottish hat
9. Particular pen
10. 'C' in SPCA
11. Ricky Martin smash: "Livin' La Vida __"
12. Approves, quickstyle
13. Month segments [abbr.]
19. "Star __"
21. "_ __ to recall that..."
24. Gloriole
25. Love Story author Mr. Segal
26. Fragrant scent
27. "...__ __ _ plane?" (Superman-spotting question)
28. Tiny weights
30. Ms. Hopper of Hollywood's heyday gossip
31. Milk, vitamins _ __ _ added
32. Spiral-horned antelope
33. Surnamesakes of Orson Welles' most famous role
35. "Network" (1976) director Sidney
40. Floor coverings
41. Urgency
44. Oprah's longtime love
47. Mr. __ (Soup brand)
49. Nero's 62
50. Most unique
54. Tennis great Monica
55. Pallid
56. Actress, Kathryn __
57. Food assortment
58. Vow
59. Ms. Sorvino
60. Goulash
61. Crow cry
62. Uniquely-spelled mountain basin
63. Flat-bladed tool

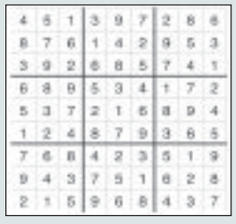
## Friday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



## Weather

| TODAY | TUESDAY | WEDNESDAY |
|---|---|---|
| MAX: 21° MIN: 11° | MAX: 19° MIN: 6° | MAX: 18° MIN: 7° |

BT BREAKFAST TELEVISION

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**WEATHER SPECIALIST**
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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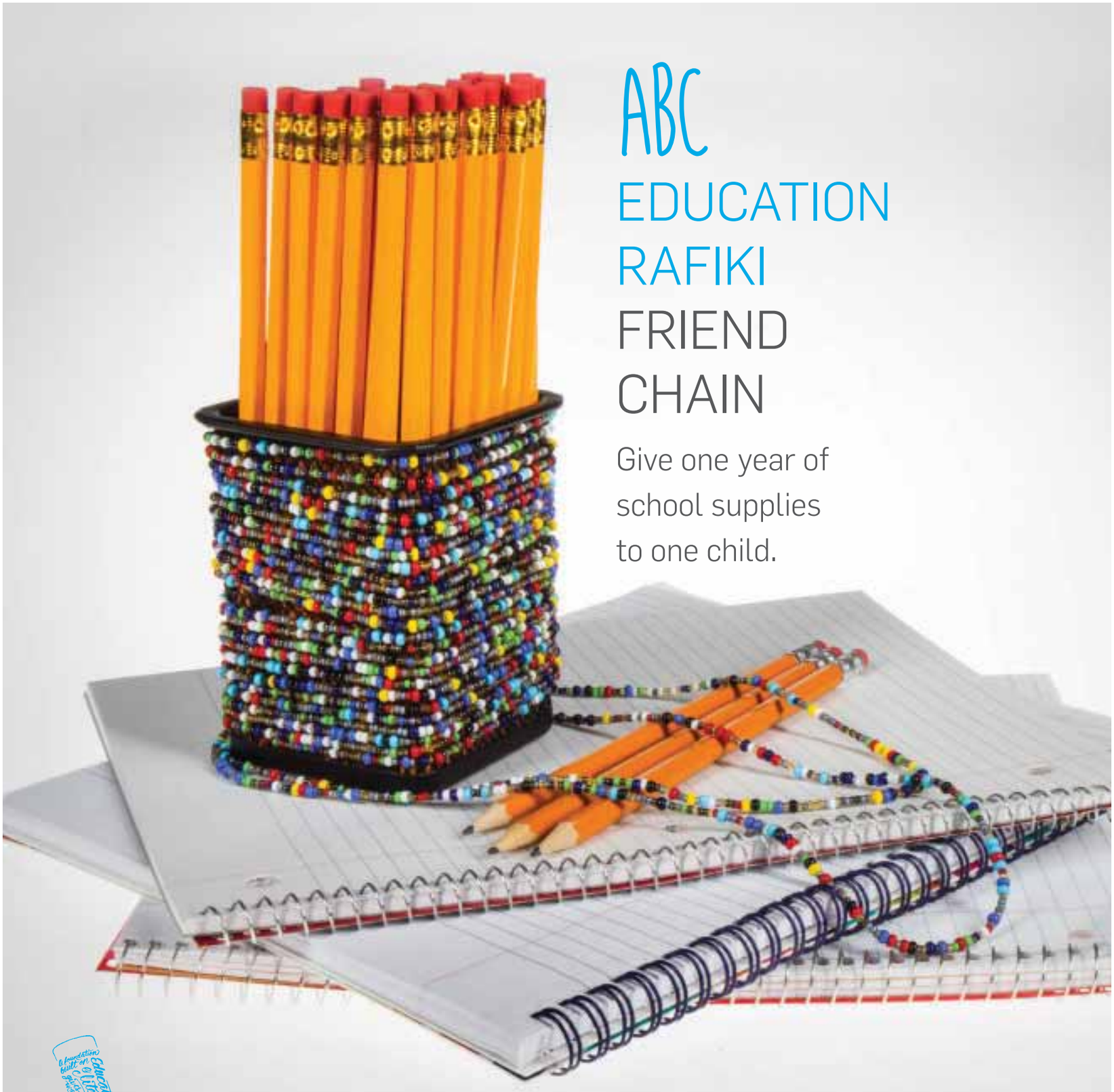

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